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**CLAIMS:**

1. A communications device for use in sporting activities, student coaching and other related activities,  
5 the device comprising,
  - a radio signal receiver and an associated power source arranged to receive radio signals from a transmission source and convert the radio signals into an audio signal reproduced on at least one audio speaker,
  - 10 - the radio receiver being enclosed within a helmet to form a self-contained unit whereby the ingress of undesirable contaminants into the receiver is prevented,
  - wherein the helmet is wearable by a user to allow the user to receive the audio signals, whilst affording the  
15 user at least some protection from injury.
2. A device in accordance with claim 1, wherein the radio receiver is enclosed in one of a plastics, resin and foam-like substance.
3. A device in accordance with claim 1 or claim 2, wherein  
20 the power source is a rechargeable battery which is enclosed within the self-contained unit.
4. A device in accordance with any one of the preceding claims, wherein the radio receiver controls are contained within the self-contained unit.
- 25 5. A device in accordance with claim 4, wherein the radio receiver controls are operated by the application of an appropriate electromagnetic field.
6. A device in accordance with claim 5, wherein the radio receiver controls are operated by the use of infra-red  
30 signals, radio signals or the application of a magnetic field.
7. A device in accordance with any one of the preceding claims, wherein the radio signal receiver is located at a rear portion of the helmet.
- 35 8. A device in accordance with any one of the preceding claims, wherein the radio signals are transmitted in the UHF frequency band.

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9. A device in accordance with claim 8, wherein the rechargeable power source is recharged by magnetic induction.
10. A device in accordance with any one of the preceding  
5 claims, further including a radio transmitter capable of transmitting a signal to the transmission source.
11. A device in accordance with claim 10, further including a microphone capable of capturing audio signals which are provided to the radio transmitter for  
10 transmission to the transmission source.
12. A method of coaching a student, comprising the steps of,
- the student wearing a helmet in accordance with claim 1, and
  - 15 - the coach providing verbal instructions to the student via a radio transmitter capable of relaying instructions to the helmet worn by the student.